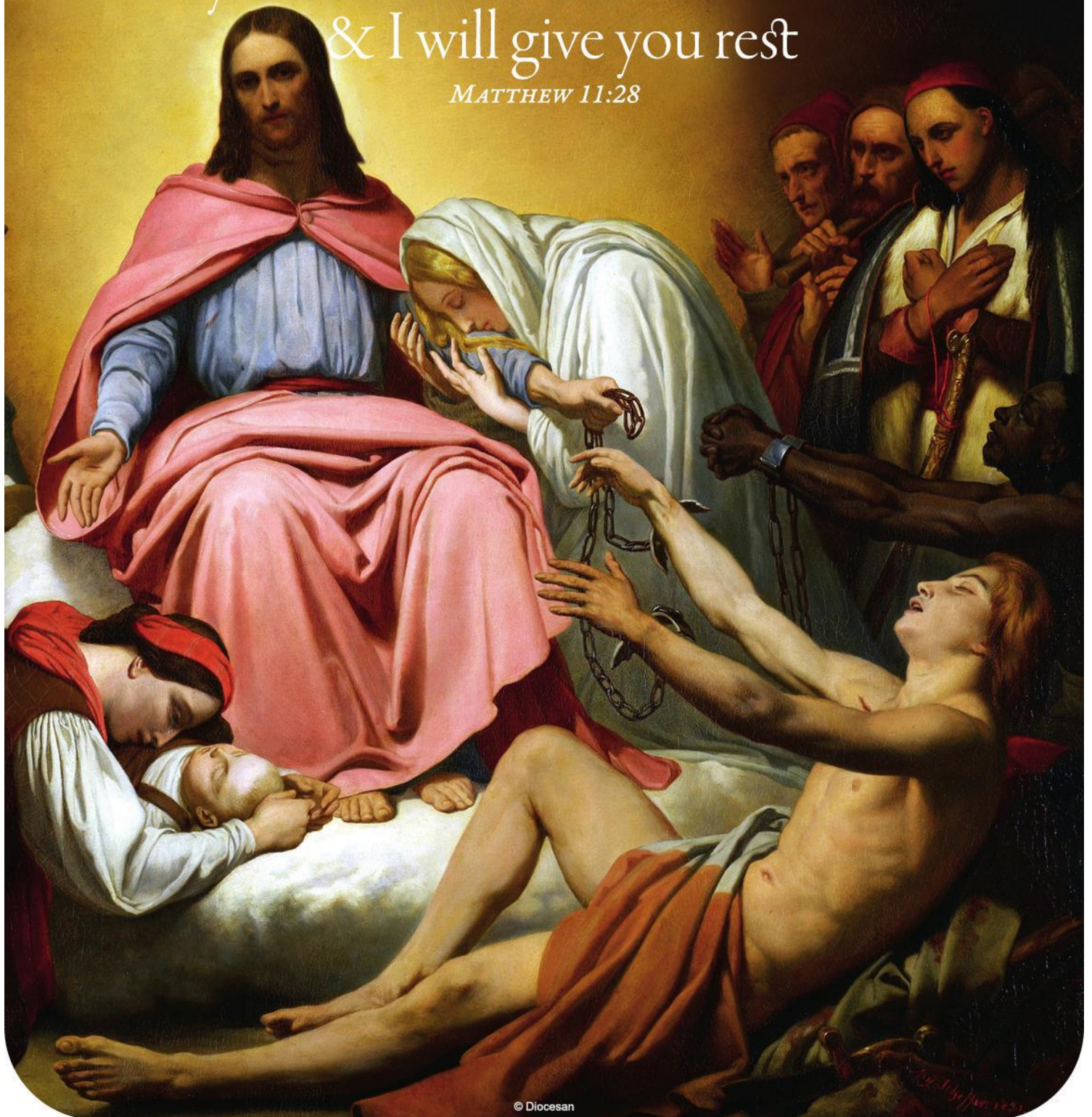


Come to Me

all you who labor and are burdened
& I will give you rest

MATTHEW 11:28



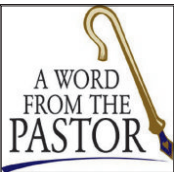
FOURTEENTH SUNDAY IN ORDINARY TIME

Readings This Weekend:

Zec 9:9-10 Romans 8:9, 11-13 Matthew 11:25-30

Readings Next Weekend:

Isaiah 55:10-11 Romans 8:18-23 Matthew 13:1-23



In today's Gospel Jesus teaches us some important lessons on how to endure life's burdens. The principal image he uses for burdens is the image of the Yoke. A yoke is a wooden frame that helps an animal, such as a donkey or an ox, carry a heavy load. If we were to simply put a rope around the animal's neck all the weight would be centered on the neck and the animal would choke. A wooden yoke is used to distribute the weight along the shoulders of animals making it possible to pull the weight more easily. Jesus says he has a yoke for us and we see the gospel set forth in three stages. **Stage 1 is the Description** of the problem: simply put we labor and are burdened. **Stage 2 is the Prescription:** to take my yoke upon you. He goes on to call his yoke easy and his burden light. The Greek text is better understood as his yoke being well-fitting and his burden appropriate. So, the Lord does have a cross for us to carry but it is well-suited to us. The problem comes when we insist on carrying extra burdens that the Lord never meant for us. We wear ourselves out with things we have no business doing. **Stage 3 is the Depiction:** which provides us with a portrait that we, like little children, must learn to listen to the Lord and live more simply like we did when we were little children, staying close to home and listening to our Father, God!

† MASS INTENTIONS FOR THE WEEK †

Sunday, July 9 14th Sunday in Ordinary Time
8:00am Rev. Msgr. Charles Pope (B'day 7/10)
9:30am Those dying & suffering from civil unrest and warfare
11:00am Velma J. Proctor †
7:00pm Intentions of Father Michael Bryant
Monday, July 10
7:00am Larry Joseph Proctor (B'day) †
Tuesday, July 11 Saint Benedict, Abbot
7:00am For the People
Wednesday, July 12
7:00am Leroy Bowlding †
Thursday, July 13 Saint Henry
7:00am Kelly Sabrina Williams Wilson †
Friday, July 14 Saint Kateri Tekakwitha, Virgin
7:00am Cyprian & Susan Jenifer (50th Wedding Anniv.)
Saturday, July 15 Saint Bonaventure, Bishop
8:00am Dorothy Young (B'day 7/14)
4:30pm Cheri Drumgoole-Parker (B'day)



MASS INTENTIONS: It is a spiritual work of mercy to pray for others, both living and deceased. If you would like to offer a Mass Intention in memory of a friend or family (living or deceased), call 202-546-1885. The customary stipend is \$10 per intention.

DAILY BIBLE READINGS

MONDAY:	Genesis 28:10-22	Matthew 9:18-26
TUESDAY:	Genesis 32:23-33	Matthew 9:32-38
WEDNESDAY:	Genesis 41:55-57; 42:5-7, 17-24	Matthew 10:1-7
THURSDAY:	Genesis 44:18-21-29; 45:1-5	Matthew 10:7-15
FRIDAY:	Genesis 46:1-7, 28-30	Matthew 10:16-23
SATURDAY:	Genesis 49:29-32; 50:15-26	Matthew 10:24-33



FAITH DIRECT (Electronic Tithing): We offer electronic tithing through *Faith Direct*. Here are 3 ways to get info and register:

1. Scan the QR code to the right →
2. Text "Enroll" to 301-478-8900 to give.
3. Go online to faith.direct/DC59 and register.

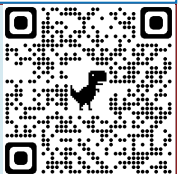
This eGiving service is **FREE**. You can register to have your tithes automatically deducted twice a month or give a one-time gift/donation. **Questions?** Contact Kim Peaks (pam@hccscchurch.org or 202-546-1885).



Stay Connected



- Visit our parish website (hccscchurch.org) for news and other happenings including the parish calendar.
- Follow us on social media (Facebook, Instagram, Twitter and YouTube).



**MASS ATTENDANCE
July 1-2, 2023**

4:30pm	35
8:00am	50
9:30am	25
11:00am	152
7:00pm	73
Total:	335

THIS WEEK AT THE PARISH

Monday (7/10) 7:30pm Young Adult Bible Study
Friday (7/14) 6:00pm Holy Hour w/ confession
Wednesday (7/12) 7:15pm Summer Webinar (zoom)



OUR CHURCH SANCTUARY IS OPEN FROM 8AM—8PM every day for you to come in for private prayer. Consider spending quiet, personal time in the presence of our Lord and pray for healing, strength, courage and for each other as we face many challenges and struggles throughout our daily lives. All are welcome.

EUCCHARISTIC ADORATION / HOLY HOUR is held **EVERY FRIDAY** from **6—7PM** in the sanctuary. Parishioners are invited to attend a wonderful opportunity to gather and reflect in quiet prayer in the presence of the Blessed Sacrament. Confessions are also heard during the holy hour.



OUR MISSION STATEMENT:

Holy Comforter-Saint Cyprian Roman Catholic Church, empowered by the Holy Spirit, exists to evangelize and to uphold Christian values by promoting the teachings of the Church in Word, Sacrament and Witness.

OUR VISION STATEMENT:

A welcoming, embracing and joyful faith family richly rooted in the community today, tomorrow and forever.

PARISH LIFE

HCSC SUMMER 'TEACHING THE FAITH' WEBINAR SERIES:

Join our summer seminarian Deacon Christopher Feist as he hosts a webinar (via Zoom) on *The Cardinal Virtues: Prudence, Justice, Fortitude and Temperance*. Held July 5, 12 & 23 at 7:15pm. To receive the Zoom link, sign up for FlockNote at hscchurch.flocknote.com or text HCSC to 84576. Make sure you select Wednesday Bible Study and the Zoom link will be emailed each week. If you miss a session, you can view the recording on our webpage (hscchurch.org).

**THE OBLATE SISTERS OF PROVIDENCE**

ALUMNI RAFFLE: Please support the efforts of the Oblate Sisters of Providence by purchasing raffle books (6 tickets to a book) for \$5 until July 31st. All prizes are monetary. **Contact**

Kim Peaks at 202-546-1885 or kpeaks@hscchurch.org or purchase from rectory during office hours. This annual raffle supports the Sisters in their continued efforts to educate and serve God's people in the poorest locations. Please show your gratitude by purchasing a raffle. Thank you.

VOLUNTEERS NEEDED! HCSC ANNUAL FRIENDS & FAMILY PICNIC is Sat., Sept., 23rd at Watkins Regional Park. **We need our parishioners help to make this annual family event happen!**

If you like to offer your time and talent, contact Kim Peaks at 202-546-1885 or kpeaks@hscchurch.org. This annual picnic has been a tradition for a number of years in our parish and provided a wonderful fellowship for families and friends. Help us maintain that spirit of community. Save the date and let us know if you can help us out.

**ARE YOU INTERESTED IN LEARNING MORE ABOUT THE CATHOLIC FAITH?**

Classes on the fundamental teachings of the Catholic faith through the Rite of Christian Initiation for Adults (RCIA) are scheduled to begin this fall and will be held **Sunday's at 9:30am in the rectory**. Classes are designed for non-Catholics considering becoming a Catholic, but also an opportunity for adult Catholics who missed receiving one or more of the sacraments. Also for those returning to the Church after a long absence and looking to enrich their faith. Questions? For information or to just find out if this is something that will help you in your faith journey, please contact the rectory office at 202-546-1885 or email: rciahcsc@gmail.com. **Come and See!**

VACATION TIME IS HERE: Whether you stay home or travel, we hope and pray that you and your family enjoy yourself and get some much needed rest. However, vacation does not exclude Mass and the sacraments, of course. No matter where you are, make every effort to join in the celebration of Mass. What better time to pray in thanksgiving than while you are resting? Visit **DiscoverMass.com or masstimes.org** for mass times and locations around the country.



FREE RESOURCES OFFERED BY OUR PARISH

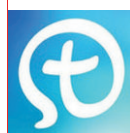


The Best Catholic Content. All in One Place: Holy Comforter-Saint Cyprian has a subscription to the

online Catholic resource service called **FORMED**. It's **EASY** and **FREE** to register and use!

1. Visit formed.org/signup
2. Enter our parish zip (20003) or church name
3. Enter your name and email
4. Enjoy and share with others in our local community!

After you sign-up, download the free FORMED app from App Store or Google Play. So, sign up and enjoy Catholic movies, teachings, bible studies, and more. Contact the rectory office (202-546-1885) if you need assistance.

**OUR CHURCH HAS AN APP! MyParish App**

allows you to connect with our parish. Stay up-to-date with what is going on in our parish throughout the week. With the MyParish app you can receive parish messages, read bulletins, and listen to homilies. Enjoy useful faith-building resources to complement your daily faith life, such as, daily Mass readings, reminders to schedule confessions, access to a full list of traditional Catholic prayers, and much more. Visit MyParishApp.com to download to your phone. Available for Apple and Android phones.



Our parish is using an online communication tool called **FLOCKNOTE** to send messages to our parishioners via email. Flocknote enables you to choose the news you want, giving you direct access to manage your **FREE** subscriptions and change your contact info.



Currently, bible study, weekly bulletins and general parish news and updates are sent via **Flocknote**, and we will continue to expand to other areas of interests. If you have not done so already, **subscribe and stay connected**. Text **HCSC to 84576** or visit <https://hscchurch.flocknote.com/> and subscribe to receive emails with updates from the parish. It's quick and easy!

HCSC YOUNG ADULT MINISTRY

YOUNG ADULT BIBLE STUDY meets in-person on **Mondays at 7:30pm in the rectory basement**. To receive email notifications, sign up for Young Adult Bible Study on hscchurch.flocknote.com.

**HOLY COMFORTER-SAINT CYPRIAN ROMAN CATHOLIC CHURCH**

1357 East Capitol Street, SE, WDC 20003

202.546.1885 ♦ www.hscchurch.org

Rev. Msgr. Charles Pope, Pastor (www.msgrpope.com)

Deacon James P. Flagg II

For information on membership, sacraments and funerals contact rectory staff at hscstaff@hscchurch.org or (202) 546-1885.

Mass Times: **Saturday** 8am & 4:30pm (vigil);
Sunday 8am, 9:30am, 11am and 7pm;
Weekdays Mon—Fri: 7am (8am on holidays)

Rectory Office Hours:

Monday, Tuesday, Wednesday and Friday: 10am—6pm
Thursday, Saturday & Sunday: Closed



MEET THE HCSC YOUTH WHO ARE ATTENDING WORLD YOUTH DAY IN AUGUST 2023



Lia Sadae Mcilwain Smart is 17 years old and a graduate of Elizabeth Ann Seton Catholic High School in Bladensburg, MD. She attended the National Christian Academy from third to fifth grade and then attended St. Columba Catholic School. She has excelled in academics and is a member of the National Society of High School Scholars.

Lia has been a member of the Holy Comforter-Saint Cyprian parish her entire life. She said she has received a strong spiritual foundation at this parish and is a committed and dedicated member. She has been an active member of the parish serving in the youth ministry, youth choir, lector and as an altar server most of her time here.

Lia is also a member of the Phyllis S. Byrd Youth Fraternity and an exceptional swimmer with the DC Wave Swim team, the Elizabeth Seton Swim team and Kingfish summer team.

Leila C. Graham is 15 years old and attends Duke Ellington School of Arts in Washington, DC. She likes gymnastics and reading books. Leila also LOVES cats!! Leila has been a member of Holy Comforter-Saint Cyprian Roman Catholic Church for about 6 years and attends with her family on a regular basis. Leila said the following about Holy Comforter-St. Cyprian Church - "*It feels like a second home to me and my family.*"



Micaela Selota was baptized at St. Patrick's Catholic Church in New Orleans, LA. She attended Winston Churchill High School in Potomac, MD and has been a member of Holy Comforter-St. Cyprian Catholic Church since 2017. She made her confirmation in 2018.

Micaela enjoys ceramics and singing, performed in her high school choir, and has performed with the Houston Children's Chorus at St. Patrick's Cathedral, in Dublin, Ireland. Micaela also enjoys swimming and scuba diving.

During COVID, she discovered rowing and fell in love with the sport. She presently rows for Athletes Without Limits Rowing Club - DC and plans to row in college. This past fall, Micaela coxed a boat which placed first at The Head of the Charles Regatta, setting a record time for her event and becoming the first African-American to do so. It is also during this time she developed a deeper faith and love for Jesus Christ.

She has shadowed a veterinarian at District Veterinary Hospital in Eastern Market since she was 14 years old. Micaela loves animals and is often called the "dog whisperer". She plans to become a veterinarian and open a shelter. Her plans also include establishing a foundation that will promote ocean awareness in underrepresented groups and encourage swimming as a life skill among minorities.

Your generous donations have allowed these youth to travel and represent our parish at the World Youth Day with Pope Francis this August in Lisbon. We are so grateful to our parishioners for their support and prayers!

Join Our Summer Seminarian
Deacon Christopher Feist for a
Summer Teaching Webinar

The Cardinal Virtues
Prudence, Justice, Fortitude & Temperance



Wednesdays: July 5, 12 & 19
7:15pm (via Zoom)

The virtues help us to habitually do what is good. They are the building blocks for Christian moral living. Accordingly, the Church has developed a theology of the virtues, building on what the ancients discovered through natural law and what God revealed through divine inspiration.

Our Catholic tradition recognizes four cardinal virtues that are also known as human, natural, or moral virtues. They are prudence (wisdom), justice, fortitude (courage), and temperance (self-control). This webinar will be an introduction into the meaning of these cardinal virtues and how they build up our faith. This webinar will be recorded and made available on our website (hscchurch.org) for those who can't attend the live Zoom.

To join us online: You will need Zoom on your computer or mobile device to participate live on Wednesdays. The link for the Zoom will be sent via FlockNote (email) to those who sign up for **Wednesday Night Bible Study** in FlockNote. If you are not on our FlockNote, visit hscchurch.flocknote.com or text HCSC to 84576 to join. FlockNote is a FREE email service we use to communicate. For questions or assistance, contact Kim Peaks at 202-546-1885 or kpeaks@hscchurch.org.

In Memory of
John N. Graham
Catherine E. Graham
Joan M. Graham
Ernestine C. Jackson
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Remembered,
Missed*



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In Memory of our Deceased
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AND
VERMELLE H. HOWARD
*Love Always,
The Family*

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Charles Myrick Sr.
Leon (Tony) Myrick
Lucy Myrick
Lucy Jones
Shirley Ann Jackson
The Family

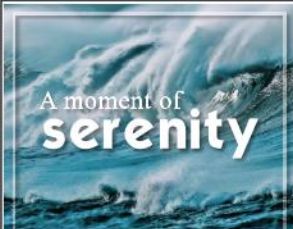
In Loving Memory of
Mattie Barclay
Helene Crutchfield
Edgell Fairfax
Elizabeth Fairfax
Clyde Fairfax Sr.
Clyde (Guy) Fairfax Jr.
The Family

In Memory of
Our Deceased Members
HCSC
Holy Name Society

In Memory of
**OUR DECEASED
SODALISTS**
HCSC SODALITY

In Loving Memory of
The Deceased Jenifers:
Oscar, Mary, Helena, Bay, David,
Baby Sis, Beverly, Frankie, David,
Neal, Kimberly, Cyprian Jr., Jovan
*Still Loved, Still Missed
& Very Dear, The Family*

*In Loving
Memory of*
OTHA JOHN HAMER JR.
OTHA JOHN HAMER III
"ETERNAL LOVE"
~ Anna, Othalene, Lataunya,
Betty - wife and mother



In Loving Memory
Austina H. Jones
Mother
We Love You Always
Willie, Lawrence & Maria

To Our Beloved
Kenyon E. Jones
Son & Father
*We'll always
love you,
Mom, Kids
& Venita*

**IN LOVING
MEMORY OF**
**Anthony
Maxwell Smart**
(Tony)
- The Family

In Memory of
**Winnie,
Ray,
Bertie**

In Memory of
**Hump,
Will,
Henny**

*In Loving
Memory of*
Devin M. Wright
*Love Always,
The Family*

In Loving Memory of
**James O. &
Reba L. Neale**
and
Alice Neale Thornton
The Family

*In Loving
Memory of*
**James & Hattie
Nicholson &
Norman Williams**
♥ From the Family ♥

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